



StayWell@Work

# Monthly Strides

## Taking strides to better your health

### August Issue Includes

- **National Immunization Awareness Month**
- **National Night Out (August 4)**
- **Eye Health and Safety Month**

### National Immunization Awareness Month

Did you know immunizations aren't just for children? Immunization means giving all or part of a germ, or a changed piece of the germ, to cause the body to make an immune response that is just like the one acquired after natural infection.

The idea is that the person getting an immunization ends up with lifelong protection against a disease or partial protection. Some vaccines must be given more than once. A person's immune status, age and overall health must be considered when deciding which type of vaccine is given.

Killed vaccines contain dead viruses or parts of a virus that have been completely disabled and can no longer cause disease. Our immune systems are still able to build an immune response against the dead virus, so anyone can respond well if they come in contact and become infected with that virus at any time.

#### Visit StayWell Online at

<https://delaware.online.staywell.com> and type "immunizations" in the Search box to learn more.

### National Night Out

August 5<sup>th</sup> is National Night Out (NNO). Neighborhoods will come together to celebrate NNO with a variety of events and activities such as potlucks and visits by local police and fire departments. NNO has proven to be an effective and inexpensive program to promote neighborhood spirit to fight for safer neighborhoods around the nation.

To learn more or to register for an Organizational Kit, visit [www.nationalnightout.org/nno](http://www.nationalnightout.org/nno).



### Eye Health and Safety Month

Half of all blindness can be prevented. A vision screening does not replace an eye doctor's exam, but it can help identify people who are at risk for eye disease. The following is a list of how long you should go between getting your next eye exam:

Age	Caucasian	African-American
20-39	Every 3 - 5 years	Every 2 - 4 years
40-64	Every 2 - 4 years	Every 2 - 4 years
65 or older	Every 1 - 2 years	Every 1 - 2 years

To learn more about eye care, visit <http://www.preventblindness.org>.

